

2023 Sacred Heart Summer Camp List

1. Air & Space (ages 6-8, 9-11): Let your imagination take flight as we join Sir Isaac Newton and prepare for aerospace adventures with his laws of motion. Follow the history of flight from early balloon flights through modern rocketry. Design, build, and test fantastic flying creations including kites, gliders, planes, rockets, stomp rockets, and more. Experiment with the laws of physics, gravity and motion during this amazing week of hands-on fun.
2. ARTpourri (ages 6-8, 9-11): Art comes alive in this potpourri of hands-on exploration of creative art. Each day the students will be encouraged to express themselves through the creation of art using different mediums like painting, sketching with charcoal, sculpting, etc. (Surcharge of \$10 per camper due to extra supply costs, to be paid at camp.)
3. Artsy Craftsy (ages 6-8): Let's get crafty! In this DIY craft class campers will engage in a wide variety of age-stimulating arts and crafts activities and projects. This make-it and take-it camp is sure to get your creative juices flowing!
4. Basketball (ages 6-8, 9-11): Get ready for summer by having a fun week of basketball. This camp will balance teaching skills and fundamentals with games, contests and fun. The basic skills of ball handling, passing, shooting and defense will be taught throughout the week of camp. The camp is designed to help each student improve as a player while providing a fun and encouraging environment.
5. Boot Camp (ages 9-11, 12-13): Campers will learn about integrity and determination through exercises, obstacle courses, and other fun games. This camp will be full of challenges and competitions, but all can still have fun while participating. Close-toed shoes and athletic clothing are recommended for safe fun.
6. Cooking & Baking (ages 6-8, 9-11, 12-13): Learn the art of cooking and baking through instruction and hands-on practice. Become familiar with kitchen utensils, measuring, following recipes, nutrition, and kitchen safety. Then we will put our skills to the test by making our own edible masterpieces to be taken home. (There is a surcharge of \$10 per camper due to extra supply costs, to be paid at camp.)
7. Creative Writing (ages 9-11, 12-13): Aspiring authors will learn about various styles of writing, different genres, what makes a great story, and practicing writing their own poems, short stories, and more.
8. Dance Mania (ages 4-5, 6-8, 9-11): Dance the week away! Learn the basics or improve on your already developed skills. We will instruct in a variety of dance styles from contemporary to classical to line dances to party dances. Speed it up and slow it down — we'll practice it all! Show your moves off at the end of the week with a performance for families.

9. Dino Days (ages 4-5): Let the prehistoric come back to life in this exciting week of all things dinosaur! Explore how different dinosaurs lived, hunted, ate, and more. Make your own dinosaur masks and amazing dinosaur crafts, hatch your own dino eggs, play dinosaur theme games and see what it is like to be an archaeologist as you excavate your own dinosaur fossils! Campers will have a DINO-MITE time!
10. Disney (ages 4-5): For those who love Disney... every day is a different theme based on Disney favorites! Make magical memories with a week of fun activities!
11. Girl Power (ages 9-11, 12-13): Whether you're a tomboy, a girly girl or a little bit of both, this is your invitation to summer adventure. A week of female heroes in history, style, friendship bracelets, etiquette, double dutch, and more! Practice being a good friend, basic self-defense, and how to deal with bullies. Find out about cowgirls, famous girl saints, female Nobel Prize winners and more! There is strength in the feminine genius!
12. Great Outdoors (ages 6-8, 9-11, 12-13): Explore the natural world around us! Spend a week taking nature walks, learning about local plant and animal life, growing some new friends, and learning about how we can take care of our environment. Campers will learn how to spend time away from screens, not just for a week but for the rest of the year!
13. Gross & Fun Science (ages 6-8, 9-11): We're taking the best of Fun Factory and bringing it into our Gross & Fun Science camp! All experiments and crafts will be either gross, fun or ideally both! We will guide students through this week of discovery by using our senses to conduct experiments with intent to cultivate a lifelong interest in science and the world around us, as well as creating fun things like squishy balls, instant soda slushies, glow-in-the-dark slime, matchbox rockets, magic mud from a potato, instant ice, a soda bottle blaster, and more!
14. Hot Wheels (ages 4-5): Get ready, racers! This week of camp will have campers crafting creative race tracks, seeing how far and fast they can send their cars flying, and customizing their race cars!
15. Jr. Engineering (ages 9-11, 12-13): Discover how things move with science. Join a team of Jr. Engineers and build bridges, domes, cubes and pyramids. Assemble simple machines such as, levers, pulleys, catapults, balances, crank fans, and/or tops to investigate the laws of physics.
16. Lawn & Field Games (ages 6-8, 9-11): Spend a week competing in America's favorite lawn and field games – Ultimate Frisbee, Capture the Flag, Kick Ball and more!

17. Lego Masters (ages 6-8): With new building challenges every day, who knows what you will create this week!
18. Martial Arts (ages 6-8, 9-11): Students will learn their way through techniques for white belts and yellow belts of Taekwondo. This camp will include the basics of kicking, punching, blocking, board breaking, and Korean terms relating to Taekwondo. Be prepared with socks, shoes and a fighting spirit for physical and mental strength training.
19. Medieval Times (ages 4-5): Welcome to a land of myth and fantasy, of brave knights and beautiful princesses, of danger and adventure! Campers will get to make costumes and go on quests to save the day.
20. Minecraft (ages 6-8, 9-11, 12-13): If you like Legos, you'll love *Minecraft*. In *Minecraft* you can freely interact with your randomly generated environment and gather resources needed to create tools, homes, boats, bridges and more. You'll primarily shape your block-like surroundings by digging, chopping and mining. As you progress, you'll encounter water, sand, stone, ore, trees, animals, rocks, lava and even monsters. *Minecraft* has been featured on the cover of PC magazine and is an extremely popular online strategic building game. (There is a surcharge of \$10 per camper to cover licensing fees, to be paid at camp.)
21. Micro Weapons of Mini Destruction (ages 9-11, 12-13): Love combining random objects into catapults, crossbows and other projectiles? Come learn the basics of medieval warfare through the use of normal household and office supplies while understanding the role that militaries, force and warfare play in our society. Campers will also learn the difference between just and unjust aggression. Projects will include weapons like a pen blowgun, a tiny trebuchet, slingshots, catapults, crossbows, paper throwing stars and targets, among others. Strict safety measures will be observed in the camp. Safe destruction is our motto!
22. Musical Theater (ages 9-11, 12-13): Do you dream of being on stage? Act in an age-appropriate musical play and learn about musical theater, acting, signing, movement and costumes. On the last day, students will perform for family and friends.
23. Ocean Adventures (ages 4-5): Join us for adventures on the high seas! Campers will learn about life under the sea and how to care for it, and also expand their imaginations as they play pirates, mermaids, and much more!
24. Odd Olympics (ages 6-8, 9-11): Compete to see who is the greatest! Campers will learn and compete in a variety of sports and activities – ranging from popular sports like soccer and basketball to obscure sports like bowling and table tennis, as well as a few more odd and interesting games. Every day is something new and a new chance to go for gold!

25. Ready to Race (ages 6-8, 9-11, 12-13): Start your engines! Craft DIY races, race cars, and racetracks of all kinds and compete in a tournament at the end of the week. Activities will be age-appropriate.
26. Sew Much Fun (ages 6-8, 9-11): Have you ever dreamed of making your own clothes, pillows or purses? Then this is the camp to get you started! Campers will have “sew” much fun learning different sewing techniques, including hand sewing, embroidery and the use of sewing machines. Campers will complete at least two projects during the week to take home and will gain an understanding of how to use a sewing machine. (There is a surcharge of \$10 per camper due to supply costs, to be paid at camp.)
27. Soccer (ages 6-8, 9-11): Players will strengthen individual soccer skills and sportsmanship through training with direct coaching in small groups. Instruction will focus on getting open, anticipating opportunities, shooting, and creativity in the attacking third of play. Further emphasis will be placed on defensive coverage in a 1v1 situation.
28. Spies & Detectives (ages 6-8): Learn secrets of espionage and detective work; from dissolving messages and decoding clues, students will have the opportunity to check out the skills that spies and detectives have in this hands-on journey into the world of espionage and detective work. Learn Morse code for secret messages and other methods of leaving coded messages. Learn how to free yourself from duct tape and zip ties; how to make footprint molds and match tire tread; how to dust for fingerprints and write in invisible ink. We'll combine lab experiments with a bit of detective discovery and espionage training. This is a perfect fit for super spies and scientists alike.
29. Star Wars (ages 6-8, 9-11): Join the Resistance! Begin your Jedi training and explore new galaxies as you fight for peace and justice. Learn the ways of the Force, build droids, go on Jedi missions, eat Star Wars food and play Jedi games. Jedis in training will make their own light sabers, Yoda ears and various Star Wars crafts. Compete in a Chewbacca roar contest and explore the customs, games, crafts and food of the different planets of the Star Wars Universe. From building Ewok catapults to making Hoth ice cream, each day holds a variety of unique activities. Are you ready to help Rey, Finn, Poe Dameron, Chewbacca, Luke Skywalker and Princess Leia fight the forces of evil and defeat Kylo Ren and the First Order? Come and find out!
30. Storytime (ages 6-8): Campers will expand their reading and writing skills with writing and crafting activities based on short stories read throughout the week.
31. Superheroes (ages 4-5, 6-8): A whole week of superheroes! Create your own superhero, superpowers and backstory. Train to use your superpowers with super stunts and test yourself in a supercharged obstacle course. Design your own logos and costumes, take on special missions, tackle obstacle courses and go on rescue missions to save other

superheroes from villains. Uncover the beginnings of some of the best-known superheroes while also discovering your own. Unleash your inner superhero!

32. Survival Training (ages 6-8, 9-11, 12-13): Spend a week learning elements of the five basic survival skills - fire, shelter, signaling, food/water and first aid. Join us for an exciting week learning many valuable skills, like tying important knots, starting a fire without matches or a lighter, building a shelter, making traps and developing directional skills among many other skills.
33. Walking with the Saints (ages 6-8, 9-11, 12-13): Each day of camp will focus on a different saint, with crafts, activities, and prayers based on their life. Campers will learn how we all have a unique call from God and how they can live out this calling. We can all be saints!
34. War Games (ages 6-8, 9-11, 12-13): A week of competition between two teams! Make your own weapons, ammunition, and armor before engaging in “war”. Compete in capture-the-flag and go head-to-head in nerf gun battles, as well as learn battle strategies and put them into practice. It’s a week of strategy and execution. Which team will win the war?
35. Zootopia (ages 4-5): Learn about animals from around the world and explore the places they live in! Campers will get to participate in activities and crafts based on the region and animals they are learning about each day.